



# WellbeingZone

Fitness • Weight • Healthy Eating • Stress Management • Lifestyle • National Discounts • Advice

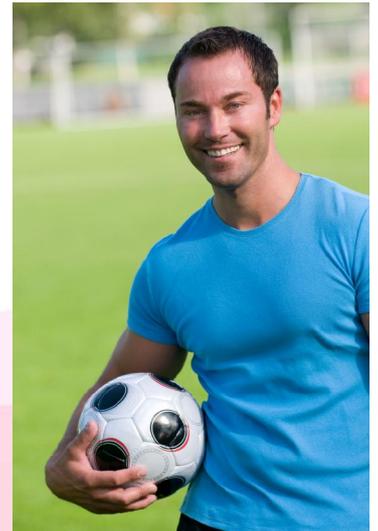
## Get Active - Strengthen your heart!

Eating healthily certainly helps your heart, but it becomes much more effective if it's combined with regular exercise which can improve your heart muscle and lower blood pressure.

The more you exercise, the better. Current government guidelines say we should do at least **five 30-minute sessions** of moderate exercise **every week**. Moderate exercise is any activity that makes you feel warm and slightly out of breath. A brisk half-hour walk five times a week is ideal. Some of the most effective forms of exercise are the simplest and cheapest, such as walking, cycling, swimming and jogging.

The key is finding activities that fit around your daily routine so you don't have to find any extra time. Try a 10-minute walk in your lunch break at work, walking the kids to school, getting off the bus a stop early or parking your car further away than normal.

If you're not currently active and have any health concerns, contact your GP before starting a new exercise regime. The general rule is that you should aim to build up your activity levels gradually.



## Cut down on salt!

Did you know that most adults now eat between 9-12g of salt a day, far more than we need. The recommendation for adults is **6g per day**.

A high salt intake is really bad for us – it raises blood pressure and high blood pressure is the single most important risk factor for stroke.

It has been estimated that a reduction in salt intake from 10g a day to 6g will reduce blood pressure and could lead to a 16% reduction in deaths from strokes and a 12% reduction in deaths from coronary heart disease. This would prevent around 19,000 stroke & heart attack deaths in the UK each year and 2.6 million each year worldwide.

### A couple of tips to help you...

- Add herbs, spices or pepper to flavour your food instead of salt. You'll find that over time your palate changes and you'll need less salt to taste a salty flavour.
- Think about the amount of sodium found in foods, in particular processed foods as about 75% of the salt in our diets come from processed, refined and packaged foods.



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